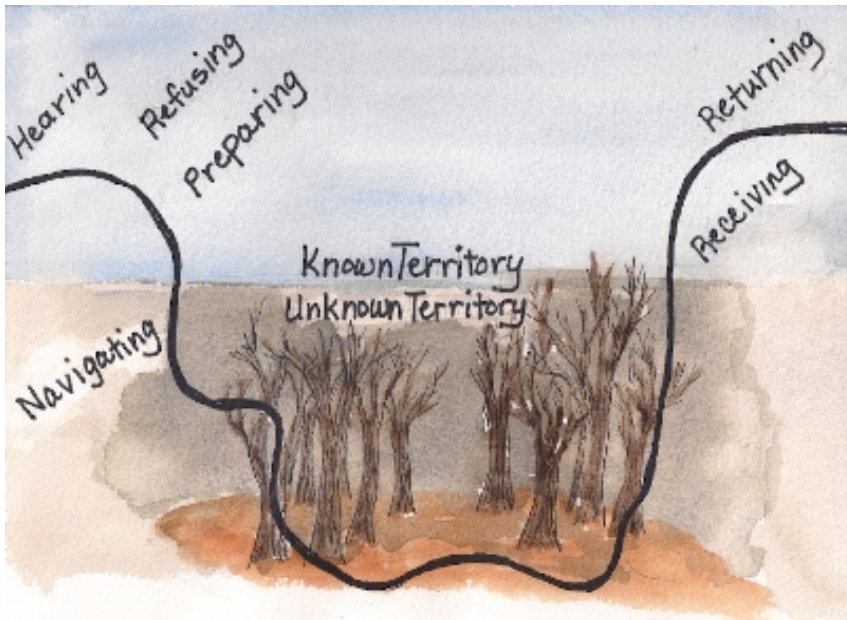


The Hero's Journey of Menopause



Stages of Menopause as the Hero's Journey

Here are the stages of the Hero's Journey of menopause:

- Hearing the Call
- Refusing the Call
- Preparing for Your Journey
- Navigating the Unknown Territory
- Receiving Gifts from Your Journey
- Returning to Your Community

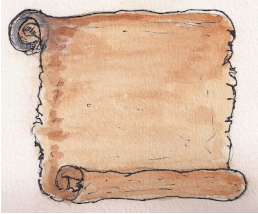
The purpose of this Hero's Journey is to allow you to reflect on your inner transformation journey *as you are experiencing your outer journey of menopause, real time.*

As you work with the Hero's Journey myth, you'll develop the ability to sense which stage you are in at any point, and therefore which inquiries are most relevant.

There are gifts and growth in each stage, so there is huge benefit in moving through the journey consciously and fully engaged.

Remember that, although I have presented the stages as a sequence, in a particular order, your experience may be more non-linear in nature.

Hearing the Call



You begin experiencing the symptoms of peri-menopause. You know that you and your life are going to change. "This is happening to me. I can't do anything about it. I didn't choose it."

Your Outcome for this Stage: To fully understand the inner call.

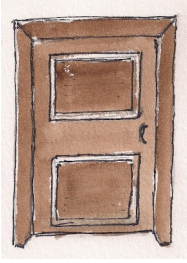
Questions for Your Reflection

What is the inner journey to which I am called?

Who am I called to be during the outer journey of menopause?

Tip: Give yourself some time with this inquiry. Who you are called to be is even more significant than the outer transition journey.

Refusing the Call



You know that change can be disorienting and uncomfortable, so you resist the change. "I don't want to go. I'm not ready. This can't really be happening to me."

Your Outcome for this Stage: To surrender to Not Knowing (who you are now, or where you are going), and to be willing to go on the inner journey of transformation, while you are on the outer journey of menopause.

Questions for Your Reflection

What will allow me to release into the inner journey of transformation?

How can I surrender to Not Knowing?

Tip: It's radical, and counter-cultural, but very important to give yourself permission to Not Know, until you do know, from the inside.

Preparing for Your Journey



You now know you're in full-blown menopause, like it or not. So you look at what you need to take and what you must leave behind. "What can I do? What's within my control? What am I losing? What do I need?"

Your Outcome for this Stage: To be clear on what to take, and what to leave behind.

Questions for Your Reflection

What do I take?

What do I leave behind?

How can I lighten my load?

Tip: Consider the inner dimension of beliefs, in addition to clearing of physical items, when you think about what you leave behind.

Navigating the Unknown Territory



You embark into this unknown territory of menopause. You've never been here before, and you need to find a way to navigate, because there is no map. "I think I ought to have a plan, but there isn't one. Any plan is someone else's, because my journey is unique. Who am I now? Where am I, and where am I going? How do I navigate this?"

Your Outcome for this Stage: To practice accessing your inner guidance and allowing yourself to be guided by it.

Questions for Your Reflection

How do I access my inner guidance most effectively and reliably?

How do I allow myself to be guided by it, and to trust it?

(Reflections for this stage are continued on the next page.)

Check in with your inner guidance: What is emerging from within me?

Check in with your inner guidance: What are my next steps?

Tip: The two inquiries on this page are ones that you will use, to stay in touch with inner guidance, throughout your whole journey. Establish a daily practice that works for you to access your inner guidance.

Receiving Gifts from Your Journey



You meet your challenges with heretofore unrecognized inner resources. You transform by learning valuable lessons and skills about yourself and your life. You connect with your spiritual resources of joy, ease, energy, wisdom, clarity, intuition, and creativity. "I connect to my True Self, my inner powers and my authentic voice."

Your Outcome for this Stage: To identify the gifts I have received from your menopause journey, both inner and outer.

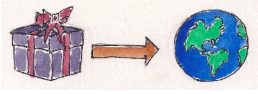
Questions for Your Reflection

What are the inner and outer gifts that I have received as a result of my journey?

Who am I now that I wasn't before?

Tip: This is a deep and valuable inquiry; it may take weeks of meditating on these questions to discern the answers; it will be worth it.

Returning to Your Community



You complete your menopause, and, metaphorically, you have returned home. This is a homecoming to your authentic self. You share your valuable gifts and lessons with your community. You are a Wisdom Woman. "I contribute my gifts and live with a sense of meaning and purpose."

Your Outcome for this Stage: To give your gifts back to the community.

Questions for Your Reflection

What is possible now?

What is mine to give?

How can I serve?

Tip: The gifts you have received from your journey belong to your community. Find ways to share them that bring you a feeling of purpose and meaning.

Where Wayfinding Coach Comes In

I specialize in helping you find your way through the unknown territory of your life transition, with power, energy, clarity, and focus. Everything I do on the [Wayfinding Coach website](#), and in my work, is focused with this purpose in mind